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Table of Contents

EDITORIAL

...and Farewell; Fuzzy Logic for Psychosomatics 3
Arnold H. Gessel, M.D.

SPECIAL SECTION: RELAXATION

A Rationale for a Multilevel Model of Relaxation 4
Andrzej Kokoszka, M.D., Ph.D.

Announcement

International Stress Management Association (ISMA) To Meet 10

Assessing the Relationship Between a Multidimensional Psychological "Control Profile" and Cardiovascular Risk ... 11
Deane H. Shapiro, Jr., Ph.D.; James Lindberg, M.D.; Janeen M. Daniels, M.S.; Ann Marie Breuer, B.S. ; and John Astin, M.A.

Relaxed Exercise 17
Donald R. Morse, BS, DDS, MA (Biol), MA (Psychol), PhD

An Emancipating Orientation to Biofeedback; An Implication for Psychotherapy 23
Howard J. Shear

RESEARCH REPORTS

The Dichotomy of Alexithymia and Panic Disorder 30
William P. Stuppy, M.D. and Stuart Shipko, M.D.

Life Eventsand Stress Reactivity as Predictors of Cancer, Coronary Heart Disease and Anxiety Disorders 34
Paloma Chorot, Ph.D. and Bonifacio Sandín, Ph.D.

The Reliability of EMG Muscle Scanning 41
Jeffrey R. Cram, Ph.D., John Lloyd, Ph.D., and Timothy S. Cahn, Ph.D.

(Continued on p. 2)

Table of Contents

(Continued from p. 1)

Research Reports (Continued)

Physiological and Psychological Effects of Hatha-Yoga Exercise in Healthy Women 46
F. J. Schell, B. Allolio, and 0. W. Schonecke

Biofeedback Treatments for Premenstrual and Premenstrual Affective Syndromes 53
David B. Van Zak, Ph.D.

Complementary Healing Therapies 61
Daniel P. Wirth, MS, JD and Margaret J. Barrett, MA

The Psychophysiology of Nontraditional Prayer 68
Daniel P. Wirth, M.S., J.D. And Jeffrey R. Cram, Ph.D.

Case Study

Alleviating Dental Phobia With The Neuro-Associative Conditioning Model 76
Harry E. Stanton Ph.D.

Psychosomatic Discussion

Postmodern and Cross-Cultural Perspectives on Mind and Body 81
Stanley Krippner, Ph.D.

Addiction: A Russian Perspective 87
Alexander Zinchenko

Psychotherapeutic Application of Group Hypnosis 93
L. Raikov, A. M. Gofman, and M. Kulikovsky

Presumed Paranormal Linkage of Rings 95
Berthold E. Schwarz, MD

THE COVER: "Relaxation"

Relaxation means different things to different people. To some, it is a very technical training in muscular observation and control, or the study of neuromuscular psychophysiology. To others, it may be sitting quietly by the beach and listening to the ocean. Our Special Section presents a group of papers covering a variety of views on relaxation.

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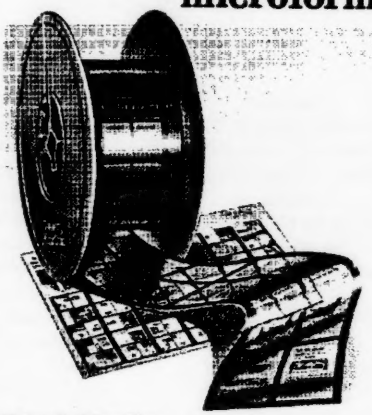

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